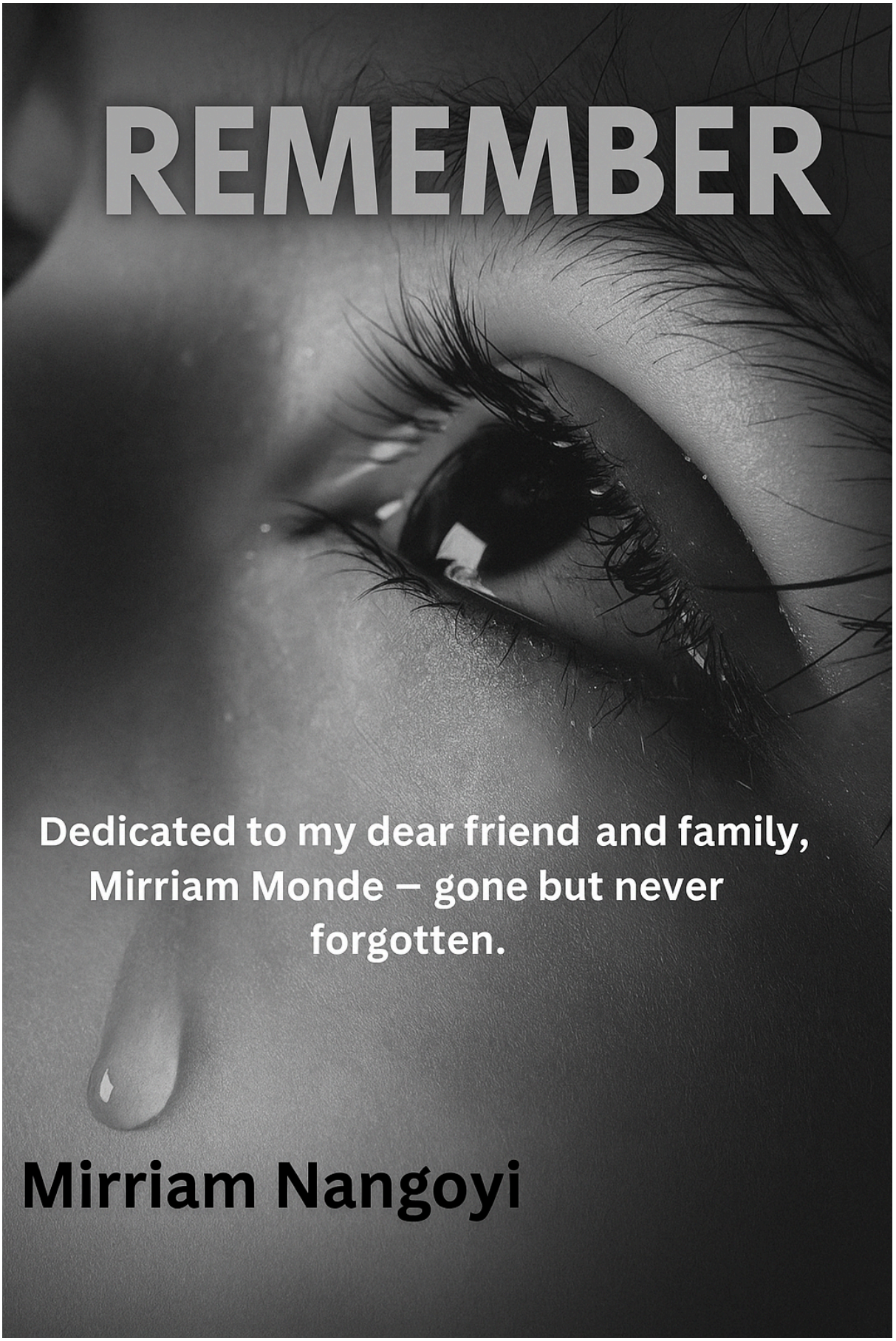
REMEMBER
Dedicated to my dear friend and family,
Mirriam Monde – gone but never
forgotten.
Mirriam Nangoyi

Book Description

“Remember” by Mirriam Nangoyi explores death through spiritual,scientific and personal lenses. It reflects on what happens when life ends, how different beliefs interpret it and how faith, loss and remembrance shape human experience. Inspired by the author's own encounter with grief, it is both a philosophical and emotional piece that reminds readers that life's meaning lies in authenticity, love and memory. The short book explores the inevitability of death, the mystery of existence. And it serves as a reminder to love deeply,cherish every moment and to always remember the departed, for in remembering, we keep the departed alive within us.

Dedication

This book is dedicated to my friend,family and roommate,
Mirriam Monde — gone but never forgotten.

Acknowledgment

To everyone who has felt her loss, may we not dwell in sorrow, but choose to live fully, beautifully and purposefully in her memory. Let our days be filled with the laughter she left behind and may our strength be the reflection of the love she once gave

To her close friends and family, thank you for your comfort, presence and the quiet ways you have kept her spirit alive in each of us.

This book is as much as yours as it is hers, a reminder that remembrance is not about grief, but gratitude for the moments we were given.

Death

Is something natural and supernatural at the same time. Death comes quickly and snatches us cruelly, to nobody shall it be spared. We have all felt loss and if we haven't will feel it someday. It does not knock nor does it show itself standing outside waiting on you.

What really captures our attention is how in the midst of our happiest moments, death invades and snatches the cause of happiness. But not the moments and the memories, surely it does not take history, it takes the future which would have been our present. When we lose someone it feels like a gust of wind hits our soul, leaving our minds unsteady and unsure of how to react. Upon given the news of our loved ones being no more we process and cling to the last memories we have of them. The last time you spoke, the last smile we saw and the last words we shared.

Yet in the aftermath of loss we are left with the same unanswerable questions: Are they at peace?, were they comfortable in their final moments?, Did they feel love and warmth in their last breaths? These questions haunt us, because the heart seeks reassurance, yet the silence of the departed offers none. And so, in our grief, we search within ourselves, in memories, moments shared, in the echoes of laughter and tears trying to feel their presence, to understand their journey and to find a measure of peace for ourselves.

But once it truly sinks in that they are forever gone and they will never return, that is when true grief walks in heavy, unyielding and undeniable, demanding to be felt, understood and carried forward.

Scholars have long tried to understand the mystery of death. Questions abound: what happens when one dies?, where do their spirits go?,is there a waiting place or an in-between?Are the dead among us quietly watching or are they unaware of their own passing? Perhaps once we draw our last breath darkness follows, like a deep dreamless sleep. Yet despite, centuries of inquiry, no one truly knows what happens after death, for those who have crossed over are not here to give an account of their experience

Some people have been revived after being declared clinically dead, but even they could not describe with certainty where they were and what they saw. Their accounts are fragmentary, fleeting and often leave more questions than answers.

The medical field has long sought to understand death, approaching it as both a biological event and clinical phenomenon. Doctors define death as the moment when the physical body ceases to function, you take your last breath, your heart stops beating, your brain halts its activity and the vital organs including the liver and kidney shut down. Once these organs fail, the body's system which depends on them is no longer capable of sustaining the process we call life (Cleveland Clinic, 2025).

From a clinic perspective, death is treated as a hypothesis, an event that can be observed, measured and recorded. Physicians examine the heart, brain and other organs to determine the sequence in which life ceases, attempting to pinpoint which stops first. Research shows that the brain continues to function several minutes after the heart has stopped, although the deceased remains unaware and unconscious during this period.

Yet, even with all the scientific insight, the medical definition of death only explains the mechanics of the body, it does not capture the mystery of consciousness, the presence of the soul or experiences that occur in moments before life. In this way medicine can describe the “how” of death but the “ what happens next”remains beyond its reach. Leaving room for faith, philosophy and personal reflection to grapple with the unknown

For many people, the process of dying can be peaceful. The individual may not always recognize those around them and can drift in and out of consciousness. At times they may briefly awaken, speak or respond only to slip back into unconsciousness, changes in skin color, circulation and breathing pattern are common as the body gradually lets go of life.

Typically,while the person cannot be awakened, they may still be aware of their surroundings and able to hear those nearby. Just as each life is

unique, so too is each death(Department of Health, state Government of Victoria,2024).

When a loved one is dying, we do all we can to bring them comfort, we sit by their side, hold their hand and remain silently present as they slowly drift away. No matter the circumstances, whether painful or peaceful, we pray with them, offer gentle words of reassurance and wait patiently.

In some cases, dying may involve restlessness or other concerning symptoms, but these can often be managed or treated. Palliative care teams spend additional time with patients during these final stages, so support is always available for both the dying person and their loved ones.

An atheist confrontation to death is different, many atheists wish they could believe in an afterlife, but many don't. Many atheists are not plagued with questions of “why me?” and don't wonder what we are supposed to be learning from a terminal diagnosis or loved ones death. They see death as a fact of life. If they have managed to live long without grief, it's because they are lucky not because they are special or favoured.(Valerie Jack,2023).

Most do not believe they will see loved ones again after death. Death is permanent ,there's no plan, no divine story. But they accept being part of the bigger story of life, understanding how small and vulnerable humanity is that the cosmos doesn't care about us, but we can and must care about each other.(Valerie Jack,2023)

The restiveness of daily activities raises questions about their significance in the grand scheme of life. We are birthed,raised and buried and the same spectrum repeats. Then what's really important? What matters? What's the use of what we are doing?
However we live, extravagantly, risk fully or quietly, we all die. We are mourned, buried, grieved and forgotten as non-existent beings, living with the certainty of death complicates the human condition, it threatens the meaning derived from experience. Death does not resolve our

insignificance, it magnifies it.(Benatar, 2017) When we lose someone close to us, someone who gave our days peace, excitement, and meaning everything that once felt normal suddenly feels wrong. The things we used to love lose their color, and even our fears fade into silence. It's as if life itself pauses, yet the truth remains: the world doesn't stop for anyone. No matter how broken we feel, we must find the strength to move forward, carrying their memory with us.
The true predicament is that death is bad but it does not follow that being immortal would be good.

Christians view loss in a different light,in **Ecclesiastes 12:7-** your body came from the earth and when you die, it will return to the earth. From dust you came to dust you shall return. Christians believe death is inevitable but the spirit does not die only the flesh does.

In the bible various people were raised from death, Lazarus, a dear friend of Jesus was resurrected. Giving us hope that there truly is a God and creator. This serves to remind us that just as Jesus Christ rose from the dead and ascended into heaven, we shall too.

The real question we asked ourselves is, Where was Jesus during those three days of death? I chose to believe he was preaching to the departed in their place of waiting, telling them of the resurrection day and to have faith in God's plan.

Through every lamentation, faith is what we should carry. **Romans 8:18-** The suffering we have now is nothing compared to the great glory that is coming, Job lost his entire children yet kept his faith, with blisters in his hands, he held on to it to hope.

In January 2015, **John Smith** fell through the ice in Missouri lake, spending 15 minutes under water. When brought to the hospital he had no pulse and was unresponsive. Despite CPR efforts, his mother Joyce, stood by his bed side and prayed with unwavering faith. Moments later, Doctors were astonished when John suddenly came back to life. He was released from the hospital just sixteen days after, a recovery that was

considered nothing short of a medical miracle. His mothers faith became the living testimony of divine power.

Matthew 17:20- If you have faith as small as a mustard seed, you can say to the mountains “move from here to there” and it will move. Nothing will be impossible for you.

Another remarkable story is that of **Colton Burpo,** a four year old boy who had a near-death experience during surgery for a ruptured appendix. He later described leaving his body, seeing his parents praying and visiting heaven where he met Jesus,Angels and even a sister he had never known.

God's work was shown in another called **Annabel Beam**, a young girl from Texas, was diagnosed with two rare and serious digestive disorders: pseudo-obstruction motility disorder and Antral Hypomotility disorder. These conditions caused her severe abdominal pain and frequent hospitalizations.
In December, 2011. While playing outside, Annabel fell 30 feet into a hollow cotton wood tree. She was trapped for nearly five hours before rescuers could free her. Miraculously she emerged without serious injuries. During Annabel's time in the tree, she reported having a profound experience, she visited heaven and met Jesus, who told her she would be healed.

After the fall, Annabel's chronic stomach issues inexplicably disappeared. Doctors confirmed that her condition had healed without medical explanation. Her stories have been shared in the memoir, Miracles from Heaven, written by her Mother Christy Beam and adapted into a film.

The experience of those whose spirits temporarily left their bodies suggest a state of perfect peace and divine presence. These moments indicate that when a person truly dies, their spirit goes to the same place, referred to in christian theology as Sheol, a waiting place of rest

and care under God. In Sheol the departed remain in God's care, resting until the day of resurrection or final reunion.

These true stories remind us that God is real, ever-present and faithful in all seasons even in times of loss and grief. They serve as Living proof that indeed there is a waiting place and with faith we can find meaning, strength to carry on living without our loved ones.

Trust in his timing, his works and his will. For God never gives you more than you can handle.
1 Corinthians 10:13- God is faithful, he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so you can endure it.

Epilogue

This book serves as a reminder that life is too short and death is too subtle. Not until you lose or are lost will you truly understand the meaning of Life.

Live authentically and you will find true happiness and peace. And remember Dear brothers and sisters, live a life where your true impact, great or small, gives peace and gratitude to others. That's the true meaning of Life “Authenticity”. **Remember**

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Personal Reflection

There are moments in life that change you forever, moments when time seems to stop, and the world around you keeps moving as if nothing happened. That was the day I truly came to understand what grief means.

Losing someone dear felt unreal at first like the mind refused to believe what the heart already knew. I remember the silence that followed, the confusion, and the sudden emptiness that filled my chest. Everything around me faded; only pain felt real.

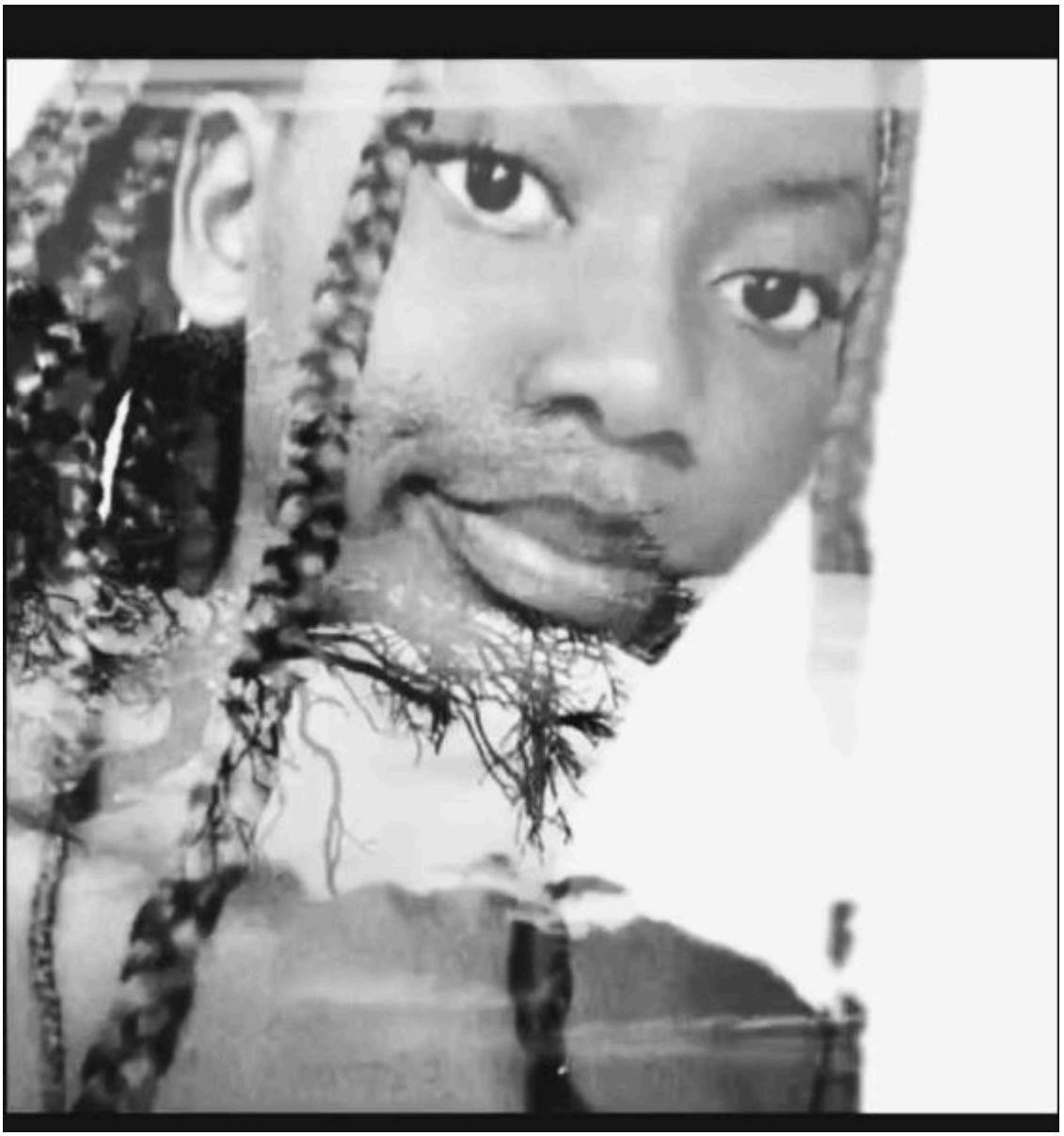
In that moment, I learned that grief isn't just sadness it's a strange stillness that reshapes you. It's the feeling of searching for someone in every familiar place, only to realize they are gone, yet their presence lingers in memory.

Even now, I carry those memories not with despair, but with gratitude. They remind me that love, once shared, never truly dies.

Gone but never forgotten.

Reminds us that even though the departed are gone, they continue to live through the memories and moments we shared.

May Your Soul Rest In Eternal Peace



Till we meet again- Mirriam Monde

About the Author

Mirriam Nangoyi is a Zambian writer and economics student at Kwame Nkrumah University.
Her work explores themes of life, death, authenticity, and faith through personal reflection and social observation.
She is passionate about child welfare, emotional resilience, and youth empowerment using her voice to inspire others to live meaningfully.
Remember is her first published work, written in the loving memory of a dear friend who inspired her to view life with deeper gratitude.

REMEMBER

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Contacts:
📧 Email: mirriamnangoyi60@gmail.com
📞 Phone/WhatsApp: +260 767 814 408

LinkedIn:https://www.linkedin.com/in/mirriam-nangoyi-107647332

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